



JOIN THE COMPETITION

2024 WALKER TRACKER CHALLENGES

You're already taking steps each day, why not track them?



Walker Tracker is a program that allows you to track and record your healthy activities and participate in challenges to earn rewards. After you join a challenge in Walker Tracker, you can sync your fitness tracker or mobile device to automatically record your activity.

Don't have a fitness tracker? No problem!
You can quickly record and submit your activity on the Walker Tracker website or mobile app.

If you need assistance using Walker Tracker, contact your Wellness Champion.

THERE ARE FOUR CHALLENGES IN 2024:

Walk for Heart Health

February 1 – February 29

Walking/steps challenge

Walk 10,000 steps per day times 29 days, totaling 290,000 steps

Moving for Mental Health

May 13 – May 26

Movement challenge

988 is the National Suicide Hotline and inspiration for this challenge's goal. Complete 9,880 steps (measured or converted) per day x 14 days

Height of Summer Hydration

July 8 – July 12

Hydration challenge

Earn 8 points per day times 5 days. (1 point = 8 ounces of fluid) Total of 40 points.

Turkey Trot

November 4 – November 17

Walking/steps challenge

Walk 8,000 steps per day times 14 days, totaling 112,000

TO JOIN, LOG IN OR REGISTER AT

MODOTMSHP.WALKERTRACKER.COM

If you have any trouble with Walker Tracker setup, challenges or any health and wellness questions, contact your Wellness Champion.

[Click here to learn who is yours!](#)

OR SCAN THE QR CODE WITH YOUR SMARTPHONE



For more information on all of the benefits you have through MoDOT/MSHP, visit the [MoDOT/MSHP Employee Benefits website](#).